Northfield
Senior Center

SAVE thru May

Program Guide

Winter-Spring, 2014

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The Center * 1651 Jefferson Pkwy * 507-664-3700 * www.northfieldseniorcenter.org
Used A Bit Shoppe * 624 Water St * 507-645-1399
Popcorn Wagon * Bridge Sq

ON-GOING FITNESS CLASSES AND FITNESS GROUPS

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
7am :15 :30 :45		7-8a ZUMBA GOLD	7-7:45 STUDIO STRENGTH	7-8a MOVE And STRETCH	7-8a ZUMBA GOLD	7-8a CORE & MORE	
8am :15 :30 :45		8:30-9:15 TAI CHI	8:30 - 9:15 CORE~MORE	8:30-9:15 TAI CHI	8:15-9:15 CORE and MORE	8:15 - 9:15 YOGA FUSION	8:00 - 8:45 CORE and MORE
9am :15 :30 :45		9:30 - 10:15 CARDIO	9:30-10:30 Circuit / 9:30-10:30 Country Line	9:30-10:15 PILATES	9:30-10:30 CIRCUIT TRAINING	9:30-10:15 STEP	9-9:45 ZUMBA
10am :15 :30 :45		MIX / 10:30-11:30 Silver Sneakers	10:30-11:30	10:30-11:30 Silver Sneakers	10:30-11:30	10:30-11:30 Silver Sneakers	10-12 ADV PING PONG / 10-11 Silver Sneakers CardRm
11am :15 :30 :45		Sneakers Classic	GENTLE YOGA	Classic	GENTLE YOGA	Classic	
12PM :15 :30 :45		12-1 PM YIN STYLE YOGA	12:00-1:00 ENHANCE FITNESS	12-1:15 SLO FLO YOGA	12:00-1:00 ENHANCE FITNESS	12-1 p YIN YOGA	
1PM :15 :30 :45		1:30-2:15 pm SILVER N' FIT	1:15-3:15 OPEN	1:30-2:15 pm SILVER N' FIT	1:15-2 PILATES		1 - 2:30 BALLROOM WORKSHOPS
2PM :15 :30 :45		*EXPLORE/EXP.* / 2:30-3:30 FALL PREVENTION	Ping Pong Int/Adv / 2 - 3 BEG TAP Off Site	*EXPLORE/EXP.*	2:15-4:15 OPEN PING PONG		2:45 - 3:30 INT. BALLROOM DANCE/*Session*
3PM :15 :30 :45				3:00 - 4:45 OPEN PING PONG	All Levels	3-4 FOLK Group Practice	
4PM :15 :30 :45				All Levels	4:45 - 5:45	4:00 - 5:00 FOLK DANCING	
5PM :15 :30 :45		5-5:45 KETTLEBELL Strength Fusion		5-5:45 BODY SCULPTING	INT TAP Session NAG studio		
6PM :15 :30 :45		6 - 7:00 CLASSICAL YOGA	6 - 6:45 Strength Circuit	6-7:00 ZUMBA In the STUDIO	6 - 7 Hatha Yoga / 6-6:45 S. Circuit		
7PM :15 :30 :45		7:30 - 9:30 OPEN					
8PM :30		PING PONG					
9PM :30		All Levels					

All of these classes meet weekly, throughout the year, unless "session-based."

"Circuit" Classes are held in the Fitness Center

On-Going Aqua Classes and Pool Activities

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6am :15 :30 :45	6:00 - 7:00 **OPEN SWIM**	6:00 - 7:00 **OPEN SWIM**	6:00 - 7:00 **OPEN SWIM**	6:00 - 7:00 **OPEN SWIM**	6:00 - 7:00 **OPEN SWIM** 1 LANE FITNESS SWIMMING	6:00-8:00 **OPEN SWIM**	
7am :15 :30 :45	7:00-7:45 AQUA SUNRISERS	7:00-8:00 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS	7:00-8:00 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS		
8am :15 :30 :45	8:15-9 AQUA AGELESS	8:00-5:30 **OPEN SWIM**	8:15-9 AQUA AGELESS	8:00-5:30 **OPEN SWIM**	8:15-9 AQUA AGELESS	8-8:45am AQUA ZUMBA	
9am :15 :30 :45	9:15-10 AQUA FIT 'N' TONE		9:15-10 AQUA FIT 'N' TONE		9:15-10 AQUA FIT 'N' TONE	9:00-10:00 **OPEN SWIM**	
10am :15 :30 :45	10:00-7:45p **OPEN SWIM**		10:00-2:00 **and** 3:00-7:45 pm **OPEN SWIM**		10:00-3:15 **OPEN SWIM**	10:00-11 AM AQUA FITNESS FUSION	
11am :15 :30 :45						11:00-2:00 **OPEN SWIM**	
12PM :15 :30 :45							
1PM :15 :30 :45			**Every week 1:00-7:45 HOT TUB CLOSED**				
2PM :15 :30 :45			**Every week 2:00 - 3:15 POOL CLOSED For**			2:00-3:45 FAMILY TIME SWIM	
3PM :15 :30 :45			**filling** **Last full week* of month,**		3:15-5 FAMILY TIME	3:45-4:45	
4PM :15 :30 :45			**POOL CLOSES at 1:00**		SWIM	**OPEN SWIM**	
5PM :15 :30 :45		5:30-6:30 AQUA		5:30-6:30 AQUA	5:00-7:45pm **OPEN SWIM**		5:30 - 7:45 **OPEN**
6PM :15 :30 :45		FITNESS FUSION 6:30-7:45 **OPEN SWIM**		FITNESS FUSION 6:30-7:45 **OPEN SWIM**			SWIM (starting 9/15)
7PM :15 :30 :45				7-7:45 WATER VOLLEYBALL			

*For Cleaning schedule and precise dates, see posting at the Center. This may vary based on holidays.

On-Going Aqua Classes and Pool Activities

On-Going Fitness Classes

All of our on-going fitness classes meet weekly. Fees for the classes are $6 memb/$8 non-memb *per* class.

Yoga

All of our yoga classes, except Yin Yoga,* are movement-based Hatha Yoga. In each class there is a warm up, breath-work, asanas (postures) and relaxation. The benefits of any of our yoga classes are stress reduction, increased flexibility, increased muscle strength. Our teachers differ in the traditions of training, and in teaching styles. The Gentle Yoga classes are "chair adaptive," and work well for people for whom floor-mat-work is difficult or uncomfortable.

Classical Yoga
Mon, 6-7p
Instrs: Bob Bruce

Gentle Yoga,
Chair Adaptive
Tue and Thurs, 10:30 - 11:30a
Instr: Bob Bruce, Craig Swenson

Slo Flow Yoga
Wed, 12-1:15p
Instructor: Sigrid Londo

Hatha Yoga NEW
Thursdays 6-7 pm
Hatha yoga asananas with a focus on listening to our bodies and working toward restoring physically and mentally. Includes mat poses on the mat seated, reclined and standing. We will be using props to support the needs of individual bodies.
Instructor: Marion McKown

Yoga Fusion
Fri, 8:15-9:15 am
Enjoy a fusion of yoga poses, functional fitness and stretches on a yoga mat.
Instructor: Sheilah Giles

Yin Yoga *
Mon 12-1p, Fri 12-1p
Instrs: Daniel Martin, Lori Williams

***More about Yin Yoga, a special style of yoga -**
Poses are held longer for greater stretch and restoration, as opposed to flowing movement

Dance and Aerobic Exercise

All of these classes provide mild to vigorous aerobic training, and fun movement to music. (Classes marked [+] indicates hybrid classes with ½ of class aerobic exercise; other ½ strength training).

Cardio Mix
Monday 9:30-10:15 am
Mix up your workout with this class with low impact variety aerobic training that enhances daily living, strength and endurance. Variety class is easy to follow, with options for all levels of fitness. Come enjoy a musically inspired mix. **Benefits:** Increases cardiovascular, strengthens lower body, increases coordination, burns calories, trains agility & moving balance.
Instructor: Jan Otteson

Country Line
Tues, 9:30-10:30a Learn nationally known Country Line dances. Light to moderate aerobic conditioning.
Leader: Elsie Forsythe

Zumba™, Zumba™ Gold
Mon 7-8a, Wed 6-7p, Thurs 7-8a, Sat 9-9:45a
Latin and international dances simplified for beginners. Options for all in this cardiovascular workout that enhances balance, agility, and muscle strength. Rhythms highlighted in this program may include the Merengue, Cha Cha, Cumbia, Reggaeton, Salsa, Rock and Roll, Belly Dance, Flamenco, and Tango.
Instructors: Lu Herbeck, Juliana Lima,

Step
Fridays 9:30-10:15 am
Use the step platform to keep your mind busy and your heart pumping. This class has beginning -to-intermediate intensity and choreography. Learn the basics with the step or do it without the step as you like. **Benefits:** Increases cardiovascular, strengthens lower body, increases coordination, burns calories, trains agility.
Instructor: Lu Herbeck

In Collaboration with the Northfield Arts Guild...

Folk Dancing
Fri, 4-5p
Learn folkdances from around the world to lift your spirit and nourish your creative self. Only line and circle dances will be taught. No partners needed.
Instructor: Kate Stuart

Tap Dancing, Intermediate level
Thur, 4:45 - 5:45p
Explore the intricate rhythmic movements and syncopated rhythms of this exciting art form.
Instructor: Charisse Ponder
Venue: Arts Guild Dance Studio
Session Based
Cost/4-wk Session: $47 m/$52 nm
$23 Plat, SS, S&F+

Intro to Tap Dancing
Tues, 2-3p
This class is designed for adults who want to learn the basics of tap.
Instructor: Kathleen Pender
Venue: Arts Guild Dance Studio
Session Based
Cost/4-wk Session: $47 m/$52 nm
$23 Plat, SS, S&F+

Ballroom Dance Workshops
Learn a new dance each week in this series of workshops. Sign up for one or take them all! No partner necessary. Check Arts Guild website for schedule of dances.
Instructor: Andrea Mirenda
Venue: Northfield Senior Center - Dance Studio
Day & Time: Saturdays 1:00-2:30
Dates: January 18 through May 17
Fee: (*per week)* $18 m/ $20 nm/ $9 PL, SS, S&F+

Instructor: Andrea Mirenda

Ballroom - Intermediate
Sat, 2:45-3:30p (Session-based)*
You'll learn a variety of fun steps and begin an introduction to basic concepts of technique and style that make each dance look and feel the way it should on the dance floor.
Instructor: Andrea Mirenda

* 4-week sessions, starting Sept 14
Each session: $35m/$39nm *per* person

Strength and Circuit

The goal of these classes is to increase muscle strength, endurance and flexibility. (See also aerobic classes in previous section, marked with a +).

Kettlebell Strength Fusion
Mon, 5- 5:45p
Kettlebell training is effective at burning calories and toning the entire body. In this mixed format class we combine Kettle bell training and the latest in free weight strengthening. Exercises are followed with appropriate stretches for muscles used. All equipment is provided.
Instructor: Lu Herbeck

+Enhance Fitness™
Tues and Thurs, 12-1p
National evidence-based fitness program with a twenty minute aerobic workout, strength training, thorough balance work moving with or without chair assistance.
Instructors: Gale Marchand, Craig Swenson

+Circuit Training
Tues and Thurs, 9:30-10:30a
Strength and aerobic training on timed stations in the Fitness Center, with selectorized equipment, free weights and cardiovascular machines. Fitness Orientation required.
Instructors: Gale Marchand, Craig Swenson

Strength Circuit
Tues and Thurs, 6-6:45p, Fitness Cntr
Progressive strength training class involving selectorized and free weight equipment with timed stations, led by certified trainers. Fitness Orientation required. Fun group; inspiring trainer.
Instructor: Don Forsberg, Bettina Waldman

Studio Strength
Tues, 7-7:45a
Strength training class in the studio, timed to music. Uses free weights, bands, and body weight to strengthen and tone.
Instructor: Jan Otteson

Bodysculpting
Wed, 5- 6p
Using bands, balls, walls, steps, mats, and a dozen other fitness tools, we will help you become a more toned, strong, fit and functional you! Great and fun way to burn calories, build muscle, endurance, agility, coordination and preserve bone integrity. Class is timed to music. All abilities welcome and encouraged.
Instructor: Lu Herbeck

Silversneakers Classic
Mon, Wed, Fri 10:30-11:30a, and Sat, 10-11a
Nationally known program includes strength, flexibility and balance training with chair assistance.
Instructors: Craig Swenson, Don Forsberg, Lu Herbeck, Nancy Nieman

Silver&Fit® Explore, Experience,
Mon 1:30 - 2:15p, Wed 1:30 - 2:15p
This class is for inactive to active older adults. The classes are designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength, and cardiovascular endurance.
NEW
Open to all levels of membership.
Free to S&F, PL, SS, S&F+
Instructors: Craig Swenson, Lu Herbeck

Slow Movement and Tai Chi

Tai Chi, Yang Style
Mon and Wed, 8:30-9:15a
The class moves through the 24 forms of Yang style Tai Chi. In addition to physical conditioning, Tai Chi is known to bring mental relaxation and improve concentration.
Instructor: Hong Yuan Lang, native of China

Move and Stretch
(Rosen Technique)
Wed 7 - 8a
Easy, flowing movement that works the whole body. All the joints gently move in all the right directions. This technique (developed by Marion Rosen) was designed to prevent injuries, teach somatic movement with a sequence of stretches, joint mobilizations, and dance-like movements that are done to music. This class is about movement awareness, and flexibility.
Instructor: Sheilah Giles

Fitness Classes, Cont.

Core and Pilates

All everyday functioning relies on the core, the midsection of the body. Core stability and strength balances one's muscles and posture, taking pressure off the back.

Core and More
Tues 8:30-9:15a, Thur, 8:15-9:15a, Fri 7-8a, Sat 8-8:45
Core or Pilates-style midsection toning of the abs, back and sides, incorporating stability balls, weighted balls, balls and 1/2 foam rolls. Postural correction and alignment are emphasized. Intermediate balance training may be included.
Instructors: Gale Marchand, Craig Swenson, Lu Herbeck

Pilates
Wed 9:30-10:15, Thurs 1:15-2 pm
Designed to deliver optimal strength, flexibility and endurance, Pilates Mat Classes are a total Mind/Body conditioning method that simultaneously strengthens and stretches your core. Pilates will help you increase abdominal, hip and back strength, improve posture and help reduce daily stress and tension. Our classes are adapted to the present audience.
Instructor: Diane Keefer, Juliana Lima, Sheilah Giles

On-Going Aqua Classes and Pool Activities

Aqua Classes

All of our aquacise classes provide aerobic and strength conditioning using water resistance and buoyancy. They include a warm up, a conditioning phase, a cool down, and stretches.

Sunrisers Aqua
Mon-Wed-Fri 7-7:45a
Instructor: Marilyn Kelley

Ageless Aqua
Mon-Wed-Fri, 8:15-9a
Instructors: Gayle Klauser, Jan Otteson, Craig Swenson

Aqua Fit 'n' Tone
Mon-Wed-Fri, 9:15-10a
Instructors: Gayle Klauser, Jan Otteson, Don Forsberg

Early Bird Aqua
Tues-Thurs, 7-8a
Instructors: Juliana Lima, and Craig Swenson

Aqua Fitness Fusion
Tues-Thurs 5:30-6:30p, Sat 10-11a
Instructors: Jan Otteson, Don Forsberg

Aqua Zumba
Saturdays 8-8:45a
Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout.
Instructors: Juliana Lima, Jan Otteson

Group Swimming Fitness Program

Fitness Swimming Coaching
Fridays 6-7 am
NSC Pool
Pick up great tips for your lap swimming from the Swim Coach on Friday mornings. Increase fitness, form, speed and enjoyment in your lap swimming times. This time is available for an Aqua Fitness class fee schedule. Other times of individual coaching may be purchased. See brochure.
Instructor: Bettina Waldman

Water Volleyball

Thurs, 7-7:45p
For fun and fitness, NOT a competitive league! No experience required. Achieve your fitness goals while playing a game. Think of it as low impact aerobic exercise, or just pure entertainment.
Leader: Volunteer Rotation

Fitness Group Fees apply (see pg 6).

Family Swim

Fri, 3:15 - 5p and Sat, 2-3:45p
Enjoy wonderful family fun and exercise with your grandchildren! On Saturdays, younger YMCA-member families are also welcome. The warm water pool provides a great environment for playing with children.
Grandparents or parents are responsible for their children at all times, and must accompany their children/grandchildren in the pool. Lower age limit: 3 yr, and toilet trained (no swimmie pants).

Fitness and Aqua Instructors

Bob Bruce - RYT+

Eva DeLaPaz - NETA, Group Fitness, Zumba™

Don Forsberg - ACE Personal Trainer, MSROM™ trained, Matter of Balance Master Trainer

Elsie Forsythe - Country line dancer for 10 years

Sheilah Giles: CMT, Certified NETA Group Fitness, Yoga Fit Level 1, Rosen, Silver Sneakers

Lu Herbeck, NETA Group Fitness and Personal Trainer, Licensed Zumba™, 28+ yrs certified experience

Diane Keefer: ACE: Certified Group Fitness, Physical Mind Institute of New York: Pilates Certification, DSW: Yoga Certification, NETA: Certified Personal Trainer, Professional in fitness industry since 1989

Marilyn Kelly - Silver Splash trained

Gayle Klauser - ACE Group Fitness and AEA Certified, Silver Sneakers MSROM™ trained

Hong Yuan Lang - Native of China, Tai Chi Instructor

Juliana Lima-Native Brazilian, ACE Personal Trainer, Zumba, Zumba Gold, Zumba Toning, Aqua Zumba, Silver Sneakers MSROM

Sigrid Londo - Registered Yoga Trainer, Himalayan Institute of PA

Gale Marchand, NSC Fitness Manager, ACSM Personal Trainer, NETA Group Fitness, 14 yrs certified

Daniel Martin - registered Yoga Trainer 200, YIN Yoga Certified, CMT, Rolfing licensed

Marion McKone - RYT 200

Lisa Miller - NETA Group Fitness, Zumba licensed, 10 yrs dance lessons

Jan Otteson - NETA Certified Fitness Instructor, NETA Personal Training, Aqua Zumba, AEA Aqua Fitness

Craig Swenson - AS Exercise Science, NETA Personal Trainer, experienced Adaptive Exercise Coach, MSROM™, Enhance Fitness ™ Certified

Bettina Waldman - NETA Personal Trainer, MN Masters Swim Coach, EMT, Lifeguard, WSI, CPR, Instructor, in aquatics since 1987.

Lori Williams - RYT 200

Fitness and Aqua Instructors

Personal Fitness Training

What is Personal Training? Our certified trainers can help you safely and effectively meet your fitness, health and weight management goals, whether you are new to exercise or a tried and true gym veteran. There is something for everyone. With reasonable rates, high demand skills, custom-made programs, our intuitive, motivating and friendly trainers are committed to your personal success. NSC is the Leader in Fitness for 50+ in Northfield.

Who are they? All of our trainers have nationally recognized, current certifications, along with additional training especially for working with people over 50, including working with special health and orthopedic issues.

Lu Herbeck – NETA certified Trainer, specializes in Women's Fitness, and Fitness for Health Management

Don Forsberg – ACE Personal Trainer, specializes in Strength Training and Balance, Weight Management

Craig Swenson - AS Exercise Science, NETA Certified Trainer, Adaptive Fitness and Adaptive Sports Specialist, Strength and Conditioning Coach

Bettina Waldman - NETA Personal Trainer, MN Masters Swim Coach

How often? Meeting with a trainer can be a weekly, monthly, quarterly or a one time situation.
No contracts are involved. We make it simple to receive professional, trustworthy advice. How often depends on your goals, and what type of support you desire.

How much? Investing in our health is always an important decision. This is why we offer only certified trainers who have a nationally recognized certification and specific training to our members' needs.

Affordable Fees:

Initial Session (1hr)	$40m/$45nm
Subsequent hr	$40m/$45nm
Subsequent 1/2-hr	$25m/$30nm

For more information, or to schedule a personal training session, call Gale Marchand, Fitness Manager, 664-3702.

INDIVIDUAL SWIM COACHING - also available with Bettina Waldman, MN Masters Swim Coach, NETA Personal Trainer, EMT

Personal Fitness Training

Fitness Group

Ping Pong

Mon, 7:30-9:30p All levels
Tues, 1:15-3:15p Int/Adv
Wed, 3-5p All levels
Thurs, 2:15-4:15p All levels
Sat, 10a-noon Adv

The NSC-sponsored Ping Pong group is open to members as well as others in the community. Opportunities for all levels of play abound. The beginner or recreational players are as welcome as those who are interested in advancing their skills to enjoy a sport that is growing in popularity across the country. Learn to play, practice and have fun! Led by member-volunteers
Fitness Group fees apply

Fitness Group fees
Aff, Gen, Aqu - $3
Fitn, Plat, SS - no fee
Non-members - $6

Safety Courses

American Health and Safety Institute (ASHI) Certification Courses

(similar to American Red Cross)
Fri, Jan 17, OR Tues, Jan 21
9:30a

CPR/AED (defibrillator) Training

Training for lay persons to respond in an emergency and care for life-threatening respiratory or cardiac emergencies in adults until professional medical help arrives. Includes how to use a defibrillator (the Senior Center has one in the Aqua-Fitness Office). This course is not for health care providers. If you have your own laptop you may bring it and connect to materials via WiFi during the class. Bring your own lunch or supper.

Cost: $49m/$60nm Platinum-$30

First Aid

Fri, Jan 24, OR Tues, Jan 28
9:30a

Learn how to respond in an emergency that may include cuts, scrapes, wounds, burns, injuries to muscles, bones, joints, sudden illnesses such as fainting, stroke, diabetic complications, poisoning, bites and stings, heat and cold related emergencies, asthma, anaphylaxis. Learn to control bleeding, splint, bandage and care for people until trained professionals arrive. Please bring your own meal or snacks. If you have your own laptop you may bring it and connect to materials via WiFi during the class. Bring your own lunch or supper, if you choose.

Fee: $49m/$60 nm/$30 Platinum

Special Fitness Workshops

Fall Prevention

Mondays 2:30-3:30
Session 1 Jan 13 - Feb 17
Session 2 Mar 10—Apr 14
(Pick one of two 6 week sessions)

PRE-REGISTRATION REQ'D
Unsteady? At risk of falling? This six-class session is for your strength, stability, range of motion, and balance. The class is a complete course on fall prevention exercises. Class is geared to 'beginner' level balance training to increase function in activities of daily living. All levels welcome, chair assistance is provided as needed.

Instructor: Craig Swenson
Fee per 6-wk session: $36 m/$48 nm
PL, SS, S&F+ - $5 for materials

Yogic Techniques for Mental De-stressing

Yoga For Trauma Recovery
Yoga Therapy for PTSD
Tuesdays, 6-7p

PRE-REGISTRATION REQ'D
Workshop is designed with teaching yogic techniques for distressing the mind and body. Techniques popular with general relaxation but that go further into aiding those with trauma recovery as well as anxiety or post traumatic stress.
Pre-registration will be required. Deadline 4 days before start. Will not be a drop in seminar. Minimum of 5 or more to run course.

Instructor: Daniel Martin
Fee: $24 m/ $32 nm/ $5 PL, SS, S&F+

In Collaboration with Community Services

Indoor/Outdoor Adventures (Pre-register)

Meet once a month to discuss a wise and thought provoking book about a specific outdoor adventure activity; then venture out with skilled guides and experience that specific activity and all it has to offer. Activity level is moderate and available to the novice adventurer. Check online registration for monthly book and adventure details. Participants may choose to register for one class date at a time, or may sign up for a seasonal membership and participate in all four events. Lending copies of the monthly book may be picked up at the Northfield Public Library three weeks prior to the book discussion and adventure date. Adventurers will be transported from the Senior Center to the site of the adventure directly after the book club meeting, and will return to the Senior Center at approx. 5 pm.

Here are the topics for each month (Fees indicated for each topic)
January: Cross Country Skiing $24 ($30 w/ ski rental)
February: Snowshoeing $31
March: Teambuilding $24
April: Rock Climbing $27

Save $5 if register for all 4 topics ($101 or $107 w/ skis)

Pickleball (Session; Pre-register)

Thurs, April 3 - May 29 (9 sessions), 6-8p
Venue: Bridgewater Gym
Much like badminton, tennis and ping pong, pickleball is a game that people of all ages and abilities can enjoy. Created during the summer of 1965, pickleball is played on a badminton court with the net lowered to 34 inches, and uses a perforated plastic ball (similar to a whiffle ball) and wood or composite paddle. Kick-off pickleball in Northfield with the Southwest Metro Pickleball Club on Thursday April 3 at Bridgewater Elementary from 6 - 8 pm! Come and learn about the history of the sport, basic instruction on how to play, information on how to get involved in pickleball tournaments, and enjoy a little open play. Pickleball paddles and balls are provided.

An informational meeting for those interested in the sport will take place on Thursday March 27 from 6 - 6:45 pm at the Northfield Senior Center card room, SC 107.

Cost: $37 m

AARP

AARP
Smart Driver Courses

This course is designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver.
Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premium.
First timers must take the 8-hour course then a refresher course every 3 years to continue the discount.

Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

Fee: $27
AARP members: $22, by providing AARP #

AARP DSP 4-hour Refresher Course

Thursday	January 9	9 am - 1 pm
Tuesday	January 28	1 pm - 5 pm
Monday	February 10	9 am - 1 pm
Tuesday	March 11	1 pm - 5 pm
Wednesday	April 9	5:30 – 9:30 pm
Monday	April 21	1 pm – 5 pm
Wednesday	May 14	5:30 – 9:30 pm

8-hour Full Course

Saturday	February 15	8am – 4 pm

Friday, April 11, 5:30-9:30pm
& Saturday, April 12, 8am-noon

Group Activities

Our volunteer led groups are as diverse as the people who attend. They are designed to provide social interaction, skill enhancement and fun! Some groups require you to bring your own supplies. A $1 donation *per* person for use of the facility is collected for these group activities.

Popcorn and a Movie
Mondays, 1-3pm

Every Monday the Center's movie group meets to view a movie. Anyone may attend this group. A one dollar donation is recommended. Titles vary from month to month. Movies are provided from the private collection of Diane Gehler. If you would like to request a specific movie, please let her know.

Card Groups

Double-Deck Pinochle
Mondays 1-4p
Pinochle is a bidding, melding and trick taking game played with a partner using 80 cards (A-10-K-Q-J). Call our group leaders on Monday morning to sign-up: Sharon Steinhouse or Phil Winter.

Social Bridge
Wednesdays 12:30-3p
Party (rubber) bridge. Intermediate level. Sign up 30 minutes prior to reserve a seat. Bring nickels and pennies for kitty. No partner necessary.

Duplicate Bridge
Tuesdays 1-4p and Thursdays 7-10p
American Standard Duplicate bridge. Widely used style of contract bridge in club and tournament settings. Identical hands are played at each table. Sign in 30 minutes prior to reserve your seat. Bring your own partner.

Euchre
Tuesdays 12:30–3p
Euchre is a trick-taking card game where each of four players is dealt 5 cards and the player making trump must take 3 tricks to win the hand. Sign in 30 minutes prior to start time to reserve your seat. No partner necessary. Instruction available upon request.

"500"
Fridays 12:30-3p
500 is a bidding and trick-taking card game using a 45 card deck, with trumping, bowers and the joker as high trump. Bring $1 for kitty. Sign in 30 minutes prior to start time to reserve your seat. No partner necessary. Instruction available upon request.

Other Groups

Book Club
2nd Friday of each month, 10:30a
The book club is open to all. Simply read the monthly book prior to the meeting then come and discuss it at the book club gathering at the Center. For more information call Katherine Collman, 645-1357.
Books for this winter:
Jan. - Behind the Beautiful Forevers by Katherine Boo
Feb. - Still Life by Louise Penny
Mar. - The Color of Water: A Black Man's Tribute to His White Mother by James McBride

Retired Teachers Coffee
2nd Monday of the month 8:30-9:30a Open to any educators or school personnel that enjoy reminiscing over coffee and a treat.

Calendar of Weekly* Group Activities

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	8:30a (2nd Monday) Retired Teachers		9:30a (1st Wednesday) MacUsers		9a-12 (1st & 3rd) Joy of Quilting
	1 - 4p Double Pinochle	12:30-3p Euchre	9:30-11:30a (2nd & 4th) Woodcarving		10:30a (2nd Friday) Book Club
	1 - 3p Movies	1 - 3p Hook, Yarn and Needle		1 - 4p (3rd Thursday) Painting & Drawing	12:30-3p "500" Cards
	1:30-3:30p (1st,3rd) Paper Crafting	1 - 4p Duplicate Bridge	12:30 - 3p Social Bridge		9:30-11:30a (4th Fri) Photography Group
				7 - 10p Duplicate Bridge	

*If a group does not meet every week, there is a notation indication which week(s) of each month it meets.

Group Activities

Crafting Groups

Hook, Yarn and Needle
Tuesdays 1-3p
If you use one of these tools to craft, you qualify. Bring your own project to work on in the company of other crafters. Learn from each other. Beginners welcome. Instruction available.

Joy of Quilting
1st and 3rd Fridays 9a-noon.
Tired of quilting alone? This group will enable you to share project ideas and various quilting techniques while working on your unfinished quilting projects. Bring your own quilting project. New projects available for beginners.

Woodcarving
2nd and 4th Wednesdays 9:30 - 11:30a
Hand wood carvers gather to work on their own projects and share ideas, patterns, techniques and friendship. Block sawing services provided. No experience necessary. Some tools required.

The Photography Group
4th Fridays, 9:30 - 11:30a . Each session, held in the Computer Lab, will start with a brief educational presentation of a photography website which offer free photography tips and education. The remaining time will be spent reviewing individuals photos, questions and answers, as well as help with cameras and equipment. Please bring pictures on a USB memory stick for show and tell. Prints are acceptable. If you have camera questions, please bring your camera, batteries, memory card, and manual.
This is not a formal class or club. It is an opportunity to share an interest in photography.

Mac Users
This group of people, interested in Macintosh computers and other Apple products such as ipads and iphones, meets the first Wednesday of each month at the Senior Center at 9:30, unless posted for a different date.

Paper Crafting
1st and 3rd Mondays, 1:30-3:30p
Very friendly and inviting to all. $1-2 fee for supplies may be charged depending on the project. Schedule of projects for the winter:

Jan 6 - Paint Strips Photo Album

Jan 20 - Show and Tell photo albums

Feb 3 - Crayon Resist Card

Feb 17 - Show and Tell

Mar 3 - Folded "origami" book

Mar 17 - Show and Tell books

Painting Group
3rd Thursday, 1 - 4p
(Resumes in February)
Come paint or draw with others. Bring your own supplies.

Music Groups

Chime Choir
Rehearsals: Thursdays from 1:30 to 3:00 PM. NO FEE

Our 3 octave choir chimes produce mellow-toned music. 11 people are needed plus extras that can substitute.
What skills are necessary? Love to make music, able to count notes, a commitment to participate, enjoy a fun group.
Unfamiliar with chimes? I'll arrange special tutoring.
We are always looking to add new people; men or women, experienced or novice, regular or substitute.
Contact Marilyn Finneseth, director: 645-5147 or 612-877-0959.

Seasoned Singers
Spring rehearsals will resume in April, Dates tba
Tuesdays 4:30-6 pm Fee $10

The Center's women's singing group is for women who love to sing in parts and are willing to participate in 3-4 local performances seasonally. Some members enjoy gathering at local restaurants for dinner after rehearsals. Come join in the fun and exhilaration of singing under the direction of Donna May, Music Director at St. Agnus School in St. Paul and active member of the Northfield Senior Center. Bring a thin black binder for music. Their CD "Seasonal Songs by the Seasoned Singers" is available for $12.

Dining Center

Meals are available at the Senior Center at **11:30 am Monday – Friday**, Room SS105 of the Northfield Community Resource Center, 1651 Jefferson Parkway, Northfield, MN 55057. The meals are available to all at a cost of $6.00 however, if you are 60 or over, you are eligible for the meal at a suggested donation of $3.50. No one is denied a meal because he or she is unable to contribute. Food Stamps/EBT cards are welcome. Diners are asked to complete a brief registration form.

Menus are available for the month and are also listed in the Northfield News. Reservations can be made by calling 507-664-3735 and leave a message, no later than noon the business day before you want to come, with your name and the date you wish to dine. You may also sign up at the dining site.

Special programs are often offered during the time before the meal is served. Some of these programs are musical entertainment, with a variety of performances ranging from classical to Western music. Other programs are informative talks on subjects of common interest. Special programs are listed on the monthly menu calendar or highlighted in Center News Updates on-line.

Life Long Learning

The Wisdom of History Series

This DVD discussion group, coordinated by volunteer Orrin DeLong, will delve into a new series on Friday mornings from 10:30 – 11:30. The Wisdom of History series, which started in the fall, contains a total of 36 lessons with Professor Fears introducing each DVD. (The Professor does wear a different tie than he did in Events that Changed History). Thought provoking discussion of the day's topic follows each video presentation. We will present the series in several sessions of 5-7 lessons each. There is a $5 materials fee for each session. Class size is limited to 12.

Session 4
Jan 24 - March 7
Topics include: the Ottoman empire, the Spanish empire & Latin America, Napoleon, the British empire & India, Russian Empire, China and empire, Genghis Khan.
Cost: $5 materials fee

Session 5
Mar 14 - Apr 18
Topics include: Britain's legacy of Freedom, George Washington, Thomas Jefferson, America's empire of liberty, America and Slavery, Abraham Lincoln as Statesman
Cost: $5 materials fee

Session 6
Apr 25 - May 23
Topics include: the US as empire, Franklin Roosevelt as Statesman, superpower at the crossroads, The Wisdom of History and The citizen, The Wisdom of History and You.
Cost: $15 materials fee + lunch

QuickWitz™ Brain Training

Wed, 1:00p Jan 8 – March 26

QuickWitz, a mental fitness program designed to help the brain get sharp and stay sharp, is composed of hands -on, fun, and interactive activities offered in a social setting. Its wide range of activities provides multiple levels with increasing intensity ensuring that each area of the brain is engaged and continually challenged for an effective brain workout. Each 1-hour session will cover these areas: long and short term memory, attention and concentration, logic and reasoning, and visualization.

Cost: $72 for 12 sessions/m $96 nm plus $12 materials fee (for all membership levels)

Flower Arranging

Friday, January 24, 5:30 - 6:30p

When the winter winds blow and the world outside is cold and dreary, brighten your world by coming to the Senior Center for a class on making silk and dried flower arrangements. Master Gardener Karen Aldrich will help you create a vase or basket display using flowers the Center received in a generous donation. Bring your own vase or small basket and wire cutters if you have them. We'll provide the flowers.

Cost: $6

Home Beer Brewing

Sat, Jan 25, 3:30 - 5p

Learn about the hobby that is sweeping the country: home beer brewing. If you've ever wondered how to make beer at home then come on out to learn the basics of fermentation, the steps in beer brewing, basic terminology, the equipment needed for making beer, and a quick history lesson. It's easier than you think and you'll be surprised the quality you can make yourself! Think of how this hobby could impress your friends!

Cost $6

Life Long Learning, cont.

Classes in the Arts

Norwegian Folk Music Traditions

Monday. March 10, 1:00
Violinist and music educator Andrea Een will present this tuneful program on the history and beauty of folk music traditions in Norway.
Cost $6

If it's Funny When You Say it, Can you Write it Funny too?

(Writing with Humor)
Wednesdays, Jan 8 – Feb 12
10-11am

The root of 'humor,' whether Indo-European, Middle English, Dutch, French or Greek, leans on moisture. Hence, perhaps, "You're all wet!" Wandering further down the list of definitions, we arrive at the 'cardinal humors' which influenced moods. (Hang in there, we're getting closer). Finally, 'the quality that makes something amusing." There we are. That's where we're spending some time.
Meet James Thurber, Dave Barry, Nora Ephron, Virginia Cary Hudson -- let's add Erma Bombeck. For those who are quick with a punch line, beware! Plan on time to share and reasons to write.

Teacher: Marie Gery
Cost: $40m/$48nm

Intermediate Watercolor

Two Sections: Thurs, 9a – noon OR Thurs, 1 – 4, Jan 16, 23, 30, Feb 6

Come join us on a watercolor journey, a fun and exciting voyage of exploration and discovery! This class is designed for those who have previous watercolor experience (such as the Beginner's class offered at the Sr. Center earlier) and would like to further advance their basic watercolor knowledge. You'll have the opportunity to put your existing skills to use as you work on individualized projects with the guidance of the instructor, while learning more advanced techniques in order to enhance your paintings. This class is the perfect way to continue developing your relationship with this unique medium! A list of needed materials is available at the Front Desk.

Teacher: Kathy Miller
Cost: $81m/$90nm

Beginning Watercolor

Thurs, Feb 13, 21, 28
9a - noon

This class is designed for those who want to learn the basics of watercolor painting. During the 3-week course we will explore various techniques such as painting wet-on-wet, wet-on-dry, glazing, masking, lifting, and hard and soft edges. Emphasis will also be given to the important principles of design, composition, color theory and value. Come join us for this fun-filled class! A list of needed materials is available at the reception desk.
Teacher: Kathy Miller
Cost: $62m/$68nm

Learning to Oil Paint

For Beginners
Tues, Mar 4, 11, 18, 25
6 - 8p

This class will cover the basics of painting with oils. The class will emphasize color theory, mixing and blending colors, along with interesting painting exercises. A list of supplies is available at the reception desk. Bring a picture to paint – either a photograph, or a picture from a magazine.

Teacher: Cindy Brant
Cost: $48m/$64nm

In Collaboration with the Northfield Arts Guild…

Arts Guild Session Dates:
Session #5: Jan 19 - Feb 15
Session #6: Feb 16 - Mar 15
Session #7: Mar 16 - Apr 19
Session #8: Apr 20 - Mar 17

Morning Clay

(Mondays OR Wednesdays)
Mondays or Wednesdays, 10:00a – noon
4-week sessions: #5, #6, #7
Have fun and make a mess. Learn wheel throwing, hand built pottery, sculpture and jewelry. Individual assistance is provided in areas students want to explore. Decorating and glazing work is also covered in class. Returning students will learn more advanced techniques.
Instructor: Fred Gustafson
Venue: NAG Clay Studio
Fee *per* Session: $72 m/$24 PL,SS, S&F+/$80 nm
plus $28 materials fee (all levels)

When registering, indicate day of wk

Guitar Basics

Tuesday, 7:00 – 8:00 pm
4-week sessions: # 5, #6, #7, #8
Want to learn how to play the guitar? Start out with the basics in this 4 week class. Learn how to read chord charts, tab, and sheet music. Learn the basics of strumming and finger picking, as well as common chord patterns. Neil will talk about finding your next teacher and how to teach yourself.
Instructor: Neil Rowley
Fee *per* Session: $54.00 m/$30PL, SS, S&F+/$60 nm

Life Long Learning - In the Arts

The Adventurous Story Maker
Thursday, 7:00-9:00 pm
Sessions #5 & #6
We will be playing with characters, as a first step to "people" fiction, poems, or memoir. In-this class we will practice both wildness and restraint in our stories. Expect to feel better about writing accidents and freer to explore the writing mind. Each student will aim to create a draft of a piece of writing by the end of our sessions.
Instructor: Paula Granquist
Fee *per* Session: $72 m/$24 PL,SS, S&F+/$80 nm plus small fee for copies

Make a "Reuse It" Book
Sat, Feb 1, 1:30 – 4:30
With reused envelopes and paperboard boxes we will learn two elegant binds for hand bound books: a two section pamphlet binding and a multi-section Coptic binding. Students will have two completed books to take home. Bring 16 or more already used legal size envelopes and 2 paperboard boxes (cracker or cereal size) All other tools and materials will be provided.
Instructor: Theresa Harsma
Venue: Arts Guild Art Studio
Fee: $35 m/$17 PL, SS, S&F+/$39 nm plus $4 material fee payable to instructor.

Paste Paper and Hard Cover Book Workshop: A two part series
Part 1: Making Paste Paper
Sat, Feb 15, 1:30-3:30p
You will learn the process of making paste paper. Using acrylic paint and other mediums, you will make textured, patterned, and layered one-of-a-kind decorative sheets to use for your books.
Venue: Arts Guild Art Studio

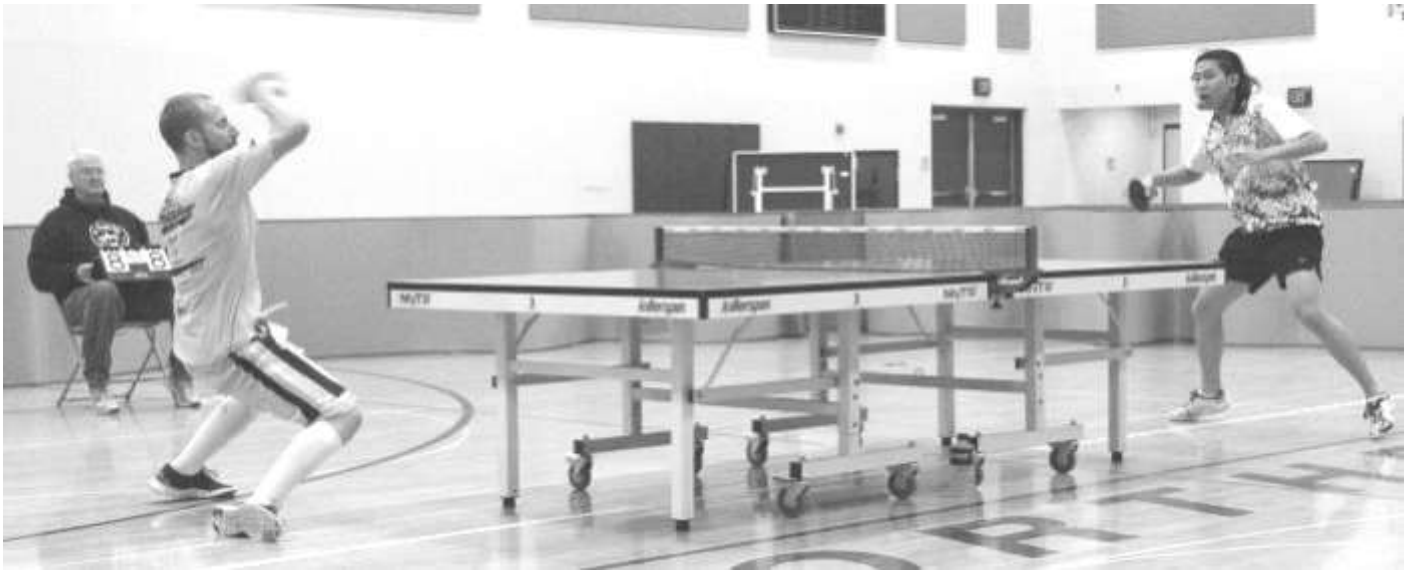
Part 2: Making a Two-Section Hard Cover Book:
Sat, Feb 22, 1:30-4:00p
Using two of your sheets made in Part 1, you will make a two-section hardcover book featuring a patterned stitch on the spine using waxed linen cord.
Venue: Arts Guild Dance Studio

Instructor: Theresa Harsma
Fee for two part series: $53 m/$26 PL, SS, S&F+/$58 nm plus $30 material fee payable to the instructor.

Folded Book Designs
Sat, Mar 15, 9:00a – noon
You will be introduced to three ways of folding the pages to create a structurally interesting handmade book. Materials will be provided. If you have art work you'd like to incorporate into a book, either as the cover or as the folded pages, bring that as well.
Instructor: Patsy Dew
Venue: Arts Guild Art Studio
Fee: $36 m/$18 PL, SS, S&F+/$40 nm plus $9 material fee

Live Model Open Studio
Thur, 6:30—9:00p,
4-week sessions #5, #6, #7, #8
A live model will pose in this volunteer led studio. Bring your sketch pads, paints, or clay (also a tarp if working with clay)
Venue: Sr Center Room 106
Fee *per* 4-wk Session: $40 m/$40 nm

We Host the
5th Annual Northfield Table Tennis Tournament
May 3, 2014…come to play, or come to watch! Great fun!!



Volunteers

Seasonal Activities

Popcorn Wagon workers help run our business on Bridge Square from our authentic antique Popcorn Wagon. The Wagon is on the Square from mid-May to mid-October, with a couple of special appearances each summer on the Carleton College campus. The Wagon may be rented for special events.

Gardening Crew takes care of the gardens at the Center including five beautiful flower beds, several pots and two vegetable beds.

At the Center

Dining volunteers help with a variety of duties associated with our 11:30 am meal available at the Center Monday – Friday. Duties could include checking in diners, cleaning and setting tables, making coffee, passing out food, doing dishes, helping with reports, entering data in the computer, planning programming, purchasing supplies or providing entertainment.

Work Crew volunteers fix things and do odd jobs that make our Center run smoother. This group gathers on Friday afternoons at 1:00.

Admin Crew volunteers are office helpers. They are on-call to do whatever administrative tasks are requested by the staff. Duties could include filing, data entry, typing, preparing mailings, photocopying, special projects and other task that inevitably arise.

Event Crew volunteers help plan and/or execute big events. Duties may include planning, purchasing supplies, distributing flyers, setting up tables and chairs, decorating, dishwashing, clean up and resetting of rooms.

Monitors in the Pool and Fitness Room provide an extra set of eyes and ears in mainly the pool area so that in the event of an emergency help can be summoned promptly. Fitness monitors open the fitness room for early morning use. Some training required, though lifeguard certification is not necessary. CPR course is offered free of charge to active monitors.

Receptionists at Sr. Center greet people as they enter the building and document usage on our computer system. System training is required and provided. They also provide information for our members and the community and keep the coffee and popcorn available.

Trip Committee members plan and escort the travel programming offered by the Senior Center. They generally meet once a month.

Computer Learning Center Committee members coordinate and teach the offerings in our computer lab. Other volunteers coach new students on a one on one basis during the classes.

Group Leaders coordinate specific groups such as card groups, crafting groups, fitness groups, book club, etc.

Board and Committee members facilitate the organization for the Northfield Senior Citizens, Inc. They are a working board and are elected at the annual meeting each year.

In the Community

Thursday's Table volunteers provide a variety of task for the Community Action Center's free meal for people in the community on Thursdays. The Center provides volunteers six specific weeks each year.

Meals On Wheels volunteers deliver meals to people's homes in the community. The Center provides volunteers three weeks each year. Deliveries are made from the Northfield Hospital kitchen at noon.

Used A Bit Shoppe retail store is operated by the Senior Center. Volunteer workers prepare used household merchandise for resale at our store in the River Park Mall. Various positions are available. from cashiering to hauling and rearranging furniture. All proceeds go to the operations of the Center.

Winter-Spring Calendar for Computer Classes

JAN

JANUARY

Monday	Tuesday	Wed	Thursday	Friday
9:30 -11:30 6 Intro to Computers/MAC	9:30 -11:30 7 Intro to Computers/WIN		9:30 -11:30 9 Intro to Computers/WIN	9:30 -11:30 10 Intro to Computers/MAC
9:30 -11:30 13 Word Processing Basics/ MAC	9:30 -11:30 14 Word Processing Basics/ WIN	9:30 -11:30 15 Word Processing Basics/ MAC	9:30 -11:30 16 Word Processing Basics/ WIN	9:30-11:30 17 TECH TIME
9:30 -11:30 20 Organize My MAC Computer	9:30 -11:30 21 Organize My Windows Computer	9:30 -11:30 22 Organize My MAC Computer	9:30 -11:30 23 Organize My Windows Computer	9:30 -11:30 24 Photography Group
9:30 -11:30 27 Intro to iPhone	9:30 -11:30 28 Intro to Internet, Email	9:30 -11:30 29 Intro to iPhone	9:30 -11:30 30 Intro to Internet, Email	

NOTE: **iPAD classes** offered Saturday, Feb 15. See pg 21

FEB

FEBRUARY

Monday	Tuesday	Wed	Thursday	Friday
	9:30 -11:30 4 Intermed Internet and Email		9:30 -11:30 5 Intermed Internet and Email	
9:30-11:30 10 Microsoft Word/MAC	9:30-11:30 11 Microsoft Word/WIN	9:30-11:30 12 Microsoft Word/MAC	9:30-11:30 13 Microsoft Word/WIN	9:30-11:30 14 TECH TIME
9:30-11:30 17 Microsoft Word/MAC	9:30-11:30 18 Microsoft Word/WIN	9:30-11:30 19 Microsoft Word/MAC	9:30-11:30 20 Microsoft Word/WIN	9:30 -11:30 21 PHOTOGRAPHY GROUP
9:30 -11:30 24 Quicken Basics	9:30-11:30 25 Scanning Pictures	9:30 -11:30 26 Quicken Basics	9:30-11:30 27 New Life for Old Slides	

MAR

MARCH

Monday	Tuesday	Wed	Thursday	Friday
9:30-11:30 3 Organize My Photos	9:30-11:30 4 Facebook and Privacy		9:30-11:30 6 Facebook and Privacy	9:30-11:30 7 Organize My Photos
1:00-4:00 10 Basic Photo Editing/ Printing		1:00-4:00 12 Basic Photo Editing/ Printing		9:30 -11:30 TECH TIME 14
1:00-4:00 17 Adv. Photo Editing/ Printing		1:00-4:00 19 Adv. Photo Editing/ Printing		9:30-11:30 22 Photography Group
9:30-11:30 24 Taking Better Photos	9:30-11:30 25 Presentation Software	9:30-11:30 26 Taking Better Photos	9:30-11:30 27 Presentation Software	

APR

APRIL

Monday	Tuesday	Wed	Thursday	Friday
9:30 -11:30 March 31 Intro to Computers/MAC	9:30 -11:30 April 1 Intro to Computers/WIN		9:30 -11:30 3 Intro to Computers/WIN	9:30 -11:30 4 Intro to Computers/MAC
9:30 -11:30 7 Word Processing Basics/ MAC	9:30 -11:30 8 Word Processing Basics/ WIN	9:30 -11:30 9 Word Processing Basics/ MAC	9:30 -11:30 10 Word Processing Basics/ WIN	
9:30 -11:30 14 Organize My MAC Computer	9:30 -11:30 15 Organize My Windows Computer	9:30 -11:30 16 Organize My MAC Computer	9:30 -11:30 17 Organize My Windows Computer	9:30 -11:30 24 TECH TIME
9:30 -11:30 21 Intro to iPad/iPhone	9:30 -11:30 22 Intro to Internet, Email	9:30 -11:30 23 Intro to iPad/iPhone	9:30 -11:30 24 Intro to Internet, Email	9:30-11:30 25 PHOTOGRAPHY GROUP
	9:30-11:30 29 Intermed Internet, Email		9:30-11:30 MAY 1 Intermed Internet, Email	

MAY

Monday	Tuesday	Wed	Thursday	Friday
9:30-11:30 5 Microsoft Word/MAC	9:30-11:30 6 Microsoft Word/WIN		9:30-11:30 8 Microsoft Word/WIN	9:30-11:30 9 Microsoft Word/MAC
9:30-11:30 12 Microsoft Word/MAC	9:30-11:30 13 Microsoft Word/WIN	9:30-11:30 14 Microsoft Word/MAC	9:30-11:30 15 Microsoft Word/WIN	9:30 -11:30 16 TECH TIME
9:30 -11:30 19 Insert a Photo into Text	9:30-11:30 20 Intro to Spreadsheets		9:30-11:30 22 Intro to Spreadsheets	9:30-11:30 23 PHOTOGRAPHY GROUP
	9:30-11:30 27 Intro to Spreadsheets	9:30-11:30 28 Facebook and Privacy	9:30-11:30 29 Intro to Spreadsheets	9:30-11:30 30 Facebook and Privacy

Computer Center Classes

Fee and Registration Information

Fee: $5 *per* hour of class time, or $10 for 2 hr class, $20 for 4 hr classes, etc. (for all classes: Add $5 for non-members) Classes are free for Platinum and Silver Sneaker Members, but registration is required.

Registration Deadline: Noon, Wednesday, the week before the class begins.
The early deadline is needed to allow adequate course preparation.

Introductory Series

Four times each year the Computer Learning Center offers a series of courses, intended to be taken in sequence. Students are encouraged to assess their own experience with computers in deciding which course should be their first one.

Intro to Computers/Win
Tu/Th Jan 7/9 9:30-11:30a
And ***Tu/Th Apr 1/3 9:30-11:30a***
OR
Intro to Computers/Mac
Mon/Fri Jan 6/10 9:30-1130a
And ***M/F Mar31/Apr 4 9:30-11:30***

This introductory course covers general computer concepts, and introduces the use of the mouse and keyboard, and simple word processing. It is intended for people with no experience and those who feel they need some preparation for other Computer Center courses. The course will be taught on dual boot machines that behave like Macintosh OS X computers. The course will use a text book. Students are asked to pick up a free, loaner copy at the Reception Desk prior to the start of the course. (2 Sessions)
Prerequisite: none
Cost: $20 m, $25 nm
Teachers: Jim Finholt (WIN)
Judy Cederberg (MAC)

Note: Intro to Computers/Win will be taught on computers running the Windows 8 operating system.
Intro to Computers/Mac will be taught on dual boot machines that behave like Macintosh OS X computers.

Word Processing Basics/Win
Tu/Th Jan 14/16 9:30-11:30a
And ***Tu/Th Apr 8/10 9:30-11:30a***
OR
Word Processing Basics/Mac
Mon/Wed Jan 13/15 9:30-11:30a
And ***M/W Apr 7/9 9:30-11:30a***

This course reviews and applies the concepts introduced in the course, Intro to Computers. Students use WordPad to learn to create, edit, save and open files. They learn formatting features including alignment, font types, and font styles (bold, italic, underline and color) to improve the appearance of a document. Other topics introduced include use of the Ribbon and Copy/Cut and Paste text. (2 Sessions)
Prerequisite: Intro to Computers or equivalent
Cost: $20m/$25nm
Teachers: Lee Klimisch (WIN)
Barb Henwood (MAC)

Note: The class for Windows-based computers uses WordPad, and the class for Macintosh computers uses TextEdit.

Organize My Windows Computer (An introduction to the Windows Operating Systems)
Tu/Th Jan 21/23 9:30-11:30a
And ***Tu/Th Apr 15/17 9:30-11:30a***

A typical computer may contain thousands of documents and pictures and it is essential to have a good way to organize these items. This course will explain how to use a Microsoft Windows operating system to attain this goal. (cont. on pg 18)

The course will cover the following Microsoft Windows topics: basic computer organization, how to view stored content, USB flash drives, creation of folders, view menu options for content display, copying and moving folders and files, use of the right mouse button, finding files and folders, shortcuts, and backup strategies. The course will use the Windows 8 operating system, but the content will be useful for people using Windows 7 or other Windows operating systems. (2 Sessions)

Prerequisite: Word Processing Basics or equivalent
Cost: $20m/$25nm
Teacher: Jim Finholt

Organize My Macintosh Computer

(An introduction to the Macintosh Operating System)
M/W Jan 20/22 9:30-11:30a
And ***M/W Apr 14/16 9:30-11:30a***

A typical computer may contain thousands of documents and pictures and it is essential to have a good way to organize these items. This course will explain how to attain this goal while using a Macintosh computer. The course will cover the following topics: basic computer organization, how to view stored content, USB flash drives, creation of folders, view menu options for content display, copying and moving folders and files, use of the right mouse button, finding files and folders, shortcuts, and backup strategies. The course will use the most recent Macintosh operating system and be taught on dual boot machines that behave like normal Macintosh computers. (2 Sessions)
Prerequisite: Word Processing Basics or equivalent
Cost: $20m/$25nm
Teacher: Jim Finholt

Intro to the Internet and Email

Tu/Th Jan 28/30 9:30-11:30a
And ***Tu/Th Apr 22/24 9:30-11:30a***

This course deals with the following topics: searching the internet, sending and receiving email, sending and opening email attachments, using Contacts (Address Book), and security. The course will use Mozilla Firefox (browser) and Google Gmail (email). Students can choose to work on a computer set to be a Macintosh machine or a Windows 8 machine. (2 Sessions)

Prerequisite: Organize My Computer or equivalent
Cost: $20 m/ $25nm
Teacher: Jim Finholt

INTERMEDIATE COURSES

Intermediate Internet and Email

Tu/Th Feb 4/6 9:30-11:30a
And ***T/T Apr 29/May 1 9:30-11:30***

This course will discuss internet topics such as using tabs, organizing bookmark sites, backup of bookmark sites, and information searching strategies. Email topics covered will include creating and using group addresses and attachments. Cutting, copying, pasting, and printing techniques will be developed for both email and web browsing. The course will use Mozilla Firefox (browser) and Google Gmail (email). Students can choose to work on a computer set to behave like a Macintosh OS X computer or a computer set to behave like a Windows 8 computer. (2 Sessions)
Prerequisite: Intro to the Internet and Email or equivalent
Note: Students must have an active Gmail Account
Cost: $20 m/$25 nm
Teacher: Judy Cederberg

Microsoft Word/Win

Tu/Th Feb 11, 13, 18, 20
And ***T/Th May 6, 8, 13, 15 9:30-11:30a***

OR

Microsoft Word/Mac

Mon/Wed Feb 10, 12, 17, 19
And ***M/W May 5, 7, 12, 14 9:30-11:30a***

This course builds on basic word processing skills for people ready for an intermediate level of word processing. Students use Microsoft Word for more features to enhance any document. They navigate its many menus, bars and buttons. They manage files, open/close multiple documents simultaneously, and copy and move text between documents. They customize tab and margin settings, use advanced formatting skills, are exposed to print properties, and save files to various locations. They use built-in Help: Auto Correct & Complete, Spelling & Grammar Check, and Thesaurus. (4 Sessions)
Prerequisite: Word Processing Basics/Win or equivalent
Cost: $40 m/$45 nm
Teachers: Lee Klimisch (WIN)
Barb Henwood (MAC)

Insert a Photo into Text

Mon May 19 9:30-11:30a

This course will show how to enhance letters and other documents by incorporating pictures and clip art using Microsoft Word software. It will repeat much of the material presented in Holiday Correspondence. Students can choose to work on a computer set to be a Macintosh machine or a Windows 8 machine. (1 session)
Prerequisite: Word Processing Basics or equivalent
Cost: $10 m/$15 nm
Teacher: Jim Finholt

Learn to Type
As arranged with instructor*
Learning how to 'touch-type' (as opposed to the 'hunt and peck' method) isn't magic. It requires patience and practice to become proficient. This course presents the techniques needed to type correctly without looking at your hands or the keyboard. When you don't have to think about making errors or about which key to press, you can concentrate on the subject matter more fully. Come and learn the correct methods so that your practice can result in accuracy and mastery. These techniques are usable on any traditional keyboard including Mac and Windows computers. This 8-hour course is taught as a 1-to-1 tutorial rather than in a group. If you are interested, leave your name and phone number with the receptionist at the Senior Center. The instructor will contact you to arrange a schedule
Prerequisite: Word Processing Basics or equivalent
Cost: $40 m/$45 nm
*Registration: Leave information with the receptionist, as outlined in the description.

PHOTO COURSES

Taking Better Photos
Mon/Wed Mar 24/26 9:30-11:30a
This course will help you to take better photos by making the most of your camera's features and observing basic rules of composition. Topics covered include: how to properly hold your camera; how to properly press the shutter release; understanding the exposure triangle (aperture, shutter speed and ISO); the various modes available on your camera and when to use them; how your camera's exposure meter works and how to use exposure compensation; basic rules of composition such as the rule of thirds, rule of odds, and use of leading lines. This course will be useful for any type of camera from compact to DSLR. Please bring your camera and user manual. (2 Sessions)
Prerequisite: None
Cost: $20 m/$25 nm
Teacher: Mark Ulmer

Organize My Photos
Mon/Fri Mar 3/7 9:30-11:30a

Over the years you may accumulate thousands of photos. This course explains how to organize those photos using Adobe Photoshop Elements software. Topics covered include: how to transfer photos from your camera onto your computer; where to store photos on your computer; how to back up your photos; "edit ruthlessly" or how to separate the wheat from the chaff; how to use albums, keywords, captions and ratings to organize and search for your photos. Finally, we'll look at some very basic corrections to improve your photos. Adobe Photoshop Elements is available for, and functions identically on both PCs and Macs. (2 Sessions)
Prerequisite: Organize My Computer or equivalent
Cost: $20 m/$25 nm
Teacher: Mark Ulmer

Basic Photo Editing & Printing
Mon/Wed Mar 10/12 1-4p

This course uses the Editor functions of Adobe Photoshop Elements software to make corrections to your photos including: perspective, cropping and straightening; exposure, brightness and contrast; color corrections and "red eye" removal; basic retouching and whitening teeth; noise reduction and sharpening. We'll also discuss processing Raw files and how to print your photos. Adobe Photoshop Elements is available for, and functions identically on both PCs and Macs. (2 three-hour Sessions)
Prerequisite: Organize My Photos or equivalent.
Cost: $30 m/$35 nm
Teacher: Mark Ulmer

Advanced Photo Editing & Printing
Mon/Wed Mar 17/19 1-4p

This course explores the Editor functions of Adobe Photoshop Elements including: using layers, layer masks and layer blend modes; applying adjustments non-destructively using layers; non-destructive dodging and burning; compositing photos; and use of selection tools. We'll also discuss monitor and printer color calibration. Printing topics covered include: image resizing and resampling for specific print sizes; paper selection; color management using ICC profiles for specific paper/printer combinations; and use of rendering intents. Adobe Photoshop Elements is available for, and functions identically on both PCs and Macs. (2 three-hour Sessions)
Prerequisite: Basic Photo Editing & Printing or equivalent.
Cost: $30 m/$35 nm
Teacher: Mark Ulmer

Scanning Pictures
Tues Feb 25 9:30-11:30a
Share your pictures of the grandkids with others. This course shows how to scan photos of any size from small snapshots up to 8x10 inch photographs. Choosing the size and the cropping of the scanned photo will be demonstrated. Students can bring a couple of (cont on pg 20)

pictures to be scanned and saved to their flash drive. Canon scanners and software will be used. Students can choose to work on a computer set to be a Macintosh machine or a Windows 8 machine. (1 Session)
Prerequisite: Intro to Computers or equivalent
Cost: $10 m/$15 nm
Teacher: Jim Finholt

New Life for Old Slides
Thur, Feb 27 9:30-11:30a

The course presents a procedure for scanning 35 mm slides to produce electronic slide files. Electronic files have many uses. They are readily stored. They can be easily copied and distributed. They can be used to insert pictures into documents. Canon scanners and software will be used in the course. Students can choose to work on a computer set to be a Macintosh machine or a Windows 8 machine. Students will need to bring five or six slides to the class. (1 Session)
Prerequisite: Organize My Computer or equivalent
Cost: $10 m/$15 nm
Teacher: Jim Finholt

Other Computer Center Courses

Facebook and Privacy
Tu/Th Mar 4/6 9:30-11:30a
And
Wed/Fri May 28/30 *9:30-11:30a*

Learn about the social networking phenomenon called Facebook and how to use it while protecting your privacy and that of your family and friends. This course will cover creating and deleting a Facebook account, locating past and current friends, managing privacy settings, and much more. Keep up with your friends, family, and favorite organizations with as much or little privacy as can be managed. Learning about Facebook might help you understand other online social networks. We will access Facebook using a computer browser; the material covered will be useful when using Facebook apps on mobile devices. (2 Sessions)
Prerequisite: Intro to (either platform) Computers or equivalent
Cost: $20 m/$25 nm
Teacher: Gloria Krusemeyer

Presentation Software Like PowerPoint
Tu/Th Mar 25/27 9:30-11:30a
Learn how to prepare text & pictures for presentations using Open Office Impress, a free software program that is similar to Microsoft PowerPoint. Students can choose to work on a computer set to be a Macintosh machine or a Windows 8 machine. (2 Sessions)
Prerequisite: Word Processing Basics or equivalent
Cost: $20 m/$25 nm
Teacher: Barb Henwood

Intro to Spreadsheets
Tu/Th May 20, 22, 27, 29 9:30-11:30a

Spreadsheets are handy tools that are easy to set up and run. Students in this course will learn how to use free software similar to Microsoft Excel to construct and operate many different kinds of spreadsheets. After an initial study of basic spreadsheet techniques, a variety of spreadsheet applications will be examined. In each case students will first learn how to use an example spreadsheet and next, learn how it works. Finally, they will construct a similar spreadsheet. The course will show how to find the total and average of a set of numbers, how to sort data, and how to make a graph of the information. Spreadsheets dealing with household budgets, currency converters and temperature converters will be discussed. In summary, this course will show how to construct and use spreadsheets to organize and analyze almost any collection of numerical information. Students can choose to work on a computer set to be a Macintosh machine or a Windows 8 machine. (4 Sessions)
Prerequisite: Word Processing Basics or equivalent
Cost: $40 m/$45 nm
Teacher: Jim Finholt

Quicken Basics
Mon/Wed Feb 24/26 9:30-11:30a
Learn the basics of Quicken, the leading software for the management of personal finances. During this course you will learn to manage your checking and savings accounts using your computer. You will learn how to use categories to track your spending and how Quicken can be used to help you at income tax time. This course will be taught using Quicken Premier 2008, for Windows, but will be useful for newer versions of Quicken on both Windows and Macintosh. (2 Sessions)
Prerequisite: Basic Computer competency (Check with instructor if you have questions).
Cost: $25 m/$30 nm (includes $5.00 materials fee)
Teacher: Gloria Krusemeyer

Introduction to iPhone
Mon/Wed Jan 27/29 9:30-11:30a
Have an iPhone? Questions on getting started? In this class you will get to better know your iPhone. You will learn the basic apps necessary to operate it and tips and tricks so you can enjoy your device more. Bring your iPhone to class. If you have an Apple ID please bring the name and password to class. (2 Sessions)
Prerequisite: none
Cost: $20 m/$25 nm
Teacher: Catherine Hanson

Intro to iPad
Saturday Feb 15 9a-noon

Have a new iPad®? Questions on getting started? We'll cover an overview and tips/tricks to make sure you're enjoying your iPad® to its fullest. Bring your iPad to class updated with the latest system software.
Cost: $25, all membership levels

Intermed iPad
Saturday Feb 15 1-4 p

We will continue the core apps overview, and focus on Apple's free apps: iBooks®, iTunesU®, Cards, Remote, and Podcasts. Bring your iPad to class updated with the latest system software.
Cost: $25, all membership levels

These classes will be presented by Karl Rodgers, an iPad enthusiast who sees the value in mobile computing (iPads) and really enjoys teaching classes on them. He has been teaching iPad classes though community education in SE MN (Rochester, Austin, Owatonna, Kasson, Stewartville) for the past 3 years. His group of instructors view our classes more like forums, where people sign up to have conversations on the latest technologies (apps and updates...).
- we tailor our classes to what our participants want to talk about
- things change, so we always talk about the fun new things
- our participants enjoy the discussions we have as we encourage a lot of questions/participation, and even if they take the class multiple times, we have heard from them that they learn something new every time

SPECIAL PROGRAMS

Joyful Connections

4 Thursdays starting February 6-
February 27, 10:00

Nurture yourself and the caregiving relationship with your loved one who is starting the journey through dementia by sharing music. As a way of helping care for and support people with memory impairment, research has shown that music often has a dramatic effect – soothing, stimulating and bringing to mind long-forgotten memories. This series is geared to create connections and to enable the caregiver and loved one to rediscover joy and meaningful interactions by listening, singing, moving and playing fun and familiar melodies. Prior musical knowledge or talent is not needed, just a desire and openness to enjoy sharing the spark and connection music facilitates.

Instructor: Wendy Russell
Cost $24/couple for the 4 sessions

Depression 101

Thurs, Jan 30, Feb 6 & 13, 9:30 - 11a

Have you worried that a close friend may be suffering from depression? Would you like to be able to help, but aren't sure how? Or perhaps you experience ups and downs, and would like to know more about how to deal with those low, gray days, and become more resilient and less prone to depression. This program will cover the signs of depression, and the ways you can help yourself or others you care about feel better.

Presenters: Rose Kormann, retired psychotherapist and active Sr Center member
Jane Rinehart, counseling psychologist, practicing in Northfield

Session 1: basic understanding and discussion about depression
Session 2: methods of alleviating depression
Session 3: panel representing local resources (medical, psychotherapy, WRAP, clergical, et. al.)

Cost: $27m/$36nm

Considering Local Sustainability

We present a 4-part series looking at issues around stewardship of our environment. How can we improve or maintain the quality of the air we breathe, the water that nourishes the earth, the soil that nurtures our food supply? What is already happening in the Northfield area, and within our City, to address sustainability? Come to be informed about these complex and vital issues.

Kick off program
Tues, March 11, 6:30 – 8:30pm
Showing of the video "Troubled Waters: A Mississippi River Story" followed by presentation by Larkin McPhee, Producer & Director of this PBS special.

Subsequent programs (dates tbd):
- Two sound approaches to farming: David Legvold (conventional farmer) and Ben Dougherty (organic farmer, Open Hands Farm) presenting in dialogue.
- Northfield City actions (George Kinney, Environmental Quality Commission presenting)
- Change Agents in Northfield (panel discussion)

Regional Trips

Out to Lunch

Mandarin Garden
Date: Thursday, 20 February
Time: 11:45 am

Come and join us for our annual luncheon outing to Mandarin Garden. The restaurant is located on 4th Street between the First National Bank and The Grand. Reservations are required so please mark your calendar and fill out a registration slip at the Senior Center. Lunch is on your own.

Sign up date: 18 February

Trips

Almost, Maine
Old Log Theater
Date: Wednesday, January 29
Time: 11:00 am – 5:00 pm

Each year we travel to Excelsior, Minnesota to the Old Log Theater for a great afternoon of lunch and a comedy show. "Almost, Maine" is a remote, mythical town in which residents fall in and out of love in unexpected and often hilarious ways. It's a delightful midwinter night's love story where all is not quite what it seems! Lunch includes a choice of braised short rib, smoked pork chop, chicken breast, walleye chowder or veggie pasta entrée. Indicate your lunch choice when you sign up.

Cost: $70
Sign up date: 14 January

Mamma Mia
Orpheum Theater
Date: Saturday, 22 February
Time: 12:30 am – 6:00 pm

This outing has an early sign-up date so please mark your calendars and plan now to join us! "Mamma Mia" is a musical that combines the storytelling magic of ABBA (a Swedish musical group) with an enchanting tale of love, laughter and friendship. It is one of the biggest hits on Broadway and around the world, and has become the most popular and successful movie musical of all time. This is the ultimate feel-good show! Be sure to complete your registration form as soon as possible.

Cost: $71
Sign up date: 2 January 2014

Matisse Exhibit
Minneapolis Institute of Art
Date: Tuesday, 4 March
Time: 9:00 am – 4:00 pm

"Matisse: Masterworks" is coming to the Minneapolis Institute of Art from Baltimore. About 80 of Henri Matisse's wonderful works of art will be on display, including paintings, sculptures and drawings, original prints and books. After the guided tour, there will be time for lunch on own at the museum's café or restaurant as well as time to view a selection of 40 Matisses owned by the Minneapolis Museum. Join us for this special outing!

Cost: $42
Sign up date: 12 February

The Magic Flute
Minnesota Opera, Ordway Theater
Date: Sunday, 13 April
Time: 11:50 am – 6:00 pm

We are oh-so-lucky to secure tickets for this very popular performance of Mozart's opera at the Ordway Theater this next year! The Magic Flute is a masterful comedy about love, truth and the pursuit of enlightenment like never before. Connecting the tale's enduring meaning with modern metaphor, this extraordinary new production draws you into the opera's surreal magic, odd characters and crazy love. There will be a pre-talk before the performance. Register early for this wonderful presentation.

Cost: $108
Sign up date: 11 March 2014

Amish Tour
Harmony, Minnesota
Date: Thursday, 22 May
Time: 8:00 am – 5:00 pm

A very significant part of the history of Harmony, Minnesota and Fillmore County is the Amish Community established there. It is the largest in Minnesota and is strictly "Old Order" Amish, meaning that the people are very private and have strong Christian convictions that bind their community together. There are over 100 families and numerous one-room schools. We will have a guided tour and visit some homesteads. Lunch on own is being planned at the Branding Iron in Preston.

Cost: $48
Sign up date: 15 May

Future Trips!

My Fair Lady, Guthrie Theater
TBA June
Winona Shakespeare Festival
TBA July
Twins Baseball Game TBA July
State Fair Trip TBA August
Pine City Tour - NEW MONTH
TBA Sept

Extended Travel

We are offering 3 Alaska travel choices for the 2014 summer

Heart of Alaska (Overland) - July 30-August 6, 2014
Alaska Tour & Cruise – July 7 – 19, 2014
Alaska Cruise only – July 12 – 19, 2014

Details about the July 7 - 19 Tour & Cruise:

ALASKA TOUR & CRUISE on PRINCESS CRUISES

FAIRBANKS-DENALI NATIONAL PARK
ANCHORAGE-HUBBARD GLACIER-GLACIER BAY-SKAGWAY
JUNEAU-KETCHIKAN-INSIDE PASSAGE-VANCOUVER

Our itinerary....	Arrival	Depart
July 07—Depart Minneapolis on Delta Airlines		5:30 pm
July 07—Arrive Fairbanks	8:05 pm	
July 07—Transfer to Fairbanks Princess River Lodge		
July 08—Riverboat Discovery (am) Gold Dredge (pm)		
July 09—Fairbanks to Denali		
July 09—Natural History Tour		
July 09—Transfer to Denali Princess Wilderness Lodge		
July 10—Motor coach to McKinley Princess Wilderness Lodge		
July 11—Rail from Talkeetna to Anchorage		
July 11—Transfer to Hotel Captain Cook		
July 12—Alaska Wildlife Conservation		
July 12—Check in for cruise in Whittier		8:30 pm
July 13—Hubbard Glacier Scenic Cruising	3:00 pm	8:00 pm
July 14—Glacier bay Scenic Cruising	9:15 am	7:30 pm
July 15—Skagway	7:00 am	8:30 pm
July 16—Juneau	6:30 am	4:00 pm
July 17—Ketchikan	10:00 am	6:00 pm
July 18—At Sea		
July 19—Vancouver	7:30 am	
July 19—Depart Vancouver on Delta Airlines		12:45 pm
July 19—Arrive Minneapolis	6:12 pm	

*Subject to change

PASSPORTS REQUIRED
Must be valid through December 16, 2014

Did you know? If you book your cruise through our travel committee, the Center benefits. Email Linda Zwolensky for more information (lindazwolensky@nscmn.org).

Motor Coach and Extended trips are coordinated by Linda Zwolensky.

You can contact her through email: lindazwolensky@nscmn.org

Ask for travel books and trip brochures at the Senior Center reception desk.

Gallery Exhibits

Winter exhibits

Gallery Openings are on Tuesdays, 4-6pm in the winter months. Come meet the artists, and learn from them about their work. Often, the work in the gallery is for sale. If you purchase the work out of the gallery, some of that money goes to the Center and helps to support the Gallery program.

January 6 - February 9

Joannie Johnson, Oil Paintings

Opening: January 14

February 10 - March 16

Cindy Brant, Oil Paintings

Opening: February 18

Exceptional Eats

Northfield Olive Oils and Vinegars: Deliciously Healthy Dining

Sunday, February 2, 5:00

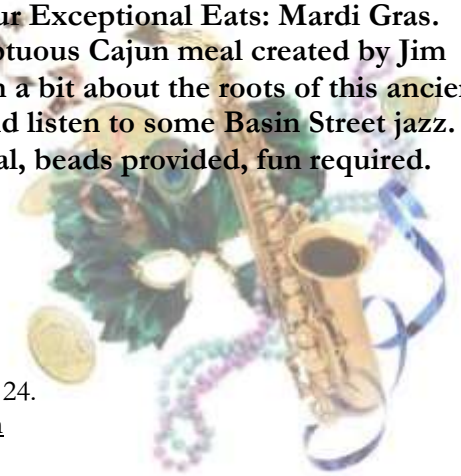
Dine on the fantastic food that can be prepared using heart -healthy olive oils enhanced with flavor infused vinegars. Sherry and Joe Morgan of Northfield Olive Oils and Vinegars will prepare an amazing multi-course meal to showcase the versatility of olive oil and vinegar for everything from vegetables to meat to ice cream – really!

Cost $25/person

Mardi Gras Celebration

Sunday, March 2, 5:00 pm

A taste of New Orleans comes to the Senior Center with our Exceptional Eats: Mardi Gras. Enjoy a sumptuous Cajun meal created by Jim Rossow , learn a bit about the roots of this ancient celebration and listen to some Basin Street jazz. Masks optional, beads provided, fun required.



Event limited to 24.

Cost $25/person